

Fitness W/ FeliciaK

Coming this September!!

Fitness w/ FeliciaK is FUNctional fitness created to focus on cardio, toning, core and strength training workouts. These workouts will utilize multiple muscles and joints to improve endurance, strength, balance and overall fitness. FWFK is designed to assist and train individuals in a fun and motivating environment and help achieve their overall fitness goals.

Date: Tuesday & Thursday

Time: 6:30 – 7:30 pm

Age: 18 years and up

Cost: \$5 per class

Starts September 9th!

**Please see staff to put your
name on an interest list.**

Halifax Community Center
1023 Halifax Street
Raleigh, NC 27604
919-996-6378



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

